



Ready to quit?

One of the biggest challenges you may face is becoming tobacco-free, but you're not alone in the battle. The Kentucky Employees' Health Plan will support you every step of the way. Offering proven programs, support services, and free resources, there's a tool that's right for you. For a full list of tobacco cessation resources offered, [visit tobacco-free.ky.gov](http://tobacco-free.ky.gov).

LivingWell resources include

Cooper-Clayton Program

This successful science-based program uses education, skills training and social support in combination with nicotine replacement products. One-hour, weekly classes are spread over 12 weeks.

The Kentucky Tobacco Quit Line

A telephone counseling service that provides one-on-one support with a trained smoking cessation counselor. To learn more, call 1.800.QuitNow (800.784.8669).

Nicotine Replacement Therapy (NRT)

KEHP members participating in either of the above programs can receive discounted over-the-counter Nicotine Replacement Therapy (NRT). *Waivers should check with their insurance company for NRT benefits.

HumanaVitality® Health Coaching Program

A program where your coach will help you design a personal plan. Your plan will include information about decreasing your dependency, smoking and tobacco cessation, managing withdrawal, and dealing with cravings.

Reminder

As of Nov. 20, 2014, all state buildings, grounds, and fleet are **free of all tobacco products and e-cigarettes**.

Learn more at tobacco-free.ky.gov.